



WHITBY, COAST & MOORS
PRIMARY CARE NETWORK

March 2023



Monthly Newsletter

Inside this newsletter

Updates from Staithe ...1
Ovarian Cancer.....2
Life Saving Poo.....3-4

Updates from Staithe Surgery

Appointments

In the last 4 weeks 09/01/2023—05/02/2023 Staithe has serviced a total of **1655** appointments.
395 of those appointments were provided as same day appointments.
88.60% of appointments at Staithe in that period were face to face, which equates to **1467** appointments.

Enhanced Access

Did you know we offer appointments on a week day evening 18:30—20:00 and 09:00—17:00 on a Saturday at Whitby Community Hospital? These appointments are for a variety of services, speak to reception for more information.

Revivals Up And Coming Events

Cuppa & Catch Up! Wednesdays from **13:30** – Danby Village Hall—Various weekly activities including crafts, bingo, dominoes, cards, short mat bowls and more! Or simply a cuppa and chat. **£3.**

Call Amy on **07458 314552**

Cuppa & Catch Up! Thursdays from **1:30pm** - Ingham Close Community Centre, Sleights—Various weekly activities including crafts and games. **£3.**

Call Tina on **07458 314565**

Move On—Chair Based Exercise— Tuesdays from **1:30pm** – Church Rooms, Coach Road, Sleights—Good for staying mobile, reducing aches and pains and great fun too! Give it a go! Followed by a catch up and a cuppa, dominoes and games. **£3.**

Call Tina on **07458 314565**

Knit & Natter Group—Monday 11th July 10:00—12:00 & Monday 25th July 10:00—12:00, Ingham Close Community Centre, Sleights. For more information call Tina on **07458 314565.**

March is Ovarian Cancer Awareness Month

What are the main symptoms of ovarian cancer?

Ovarian cancer has four main symptoms:

- Persistent stomach pain
- Persistent bloating
- Difficulty eating/feeling full more quickly

- Needing to wee more frequently

These can also be symptoms of other, less serious, conditions such as irritable bowel syndrome, ovarian cysts and polycystic ovary syndrome. If you're experiencing these symptoms it doesn't necessarily mean you have ovarian cancer. Ovarian cancer symptoms might also include:

- Indigestion
- Back pain
- Changes in bowel habits (going more often or a lot less)
- Unexplained weight loss
- Post-menopausal vaginal bleeding
- Extreme tiredness

What to do if you are experiencing symptoms of ovarian cancer

If your symptoms are:

- Persistent
- Severe
- Frequent
- Out of the ordinary

Make an appointment with your GP as soon as possible. Keep a record of the symptoms you are experiencing and have your notes to hand when you speak to your doctor, to help them make a diagnosis. Use our downloadable symptoms diary to help you keep track of your symptoms, available on: [2023 OCA Symptoms diary A5.pdf \(ovarian.org.uk\)](#)



The bowel cancer screening kit can save your life

Just a tiny sample detects signs of cancer before you notice anything wrong.

If you're sent a kit, put it by the loo. Don't put it off.
nhs.uk/bowel-screening



Supporting informed participation in bowel cancer screening

The NHS in England is running a campaign for 6 weeks from 20th February, aiming to increase uptake of the Bowel Cancer Screening Programme (BCSP), which involves completion and return of the Faecal Immunochemical Test (FIT). The campaign will be targeted at all adults aged 56-74 to encourage those who are eligible to participate.

Bowel Cancer Screening: What you need to know

When bowel cancer is diagnosed at its earliest stage, survival is much higher compared to when it is diagnosed at a late stage.

Currently, people aged between 60-74 are invited to participate in the BCSP every two years. The NHS in England has committed to expanding the BCSP so that everyone aged 50 to 59 will also be eligible for screening. This is a phased expansion and some people under 60 are already receiving their screening kit, however, this does vary by region. The BCSP uses FIT which looks for hidden traces of blood in poo and requires only one stool sample. Some people may experience barriers to participation that the support of their GP and wider practice team could help them to overcome. For health professionals In England Together we will beat cancer Bowel cancer survival by stage at diagnosis

Proportion of people surviving their cancer for five years or more

Diagnosed at earliest stage



More than 9 in 10

Diagnosed at latest stage



1 in 10

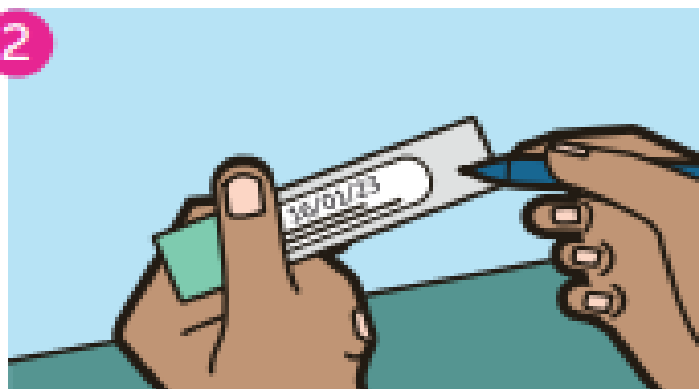
How to do the bowel screening kit in England

1



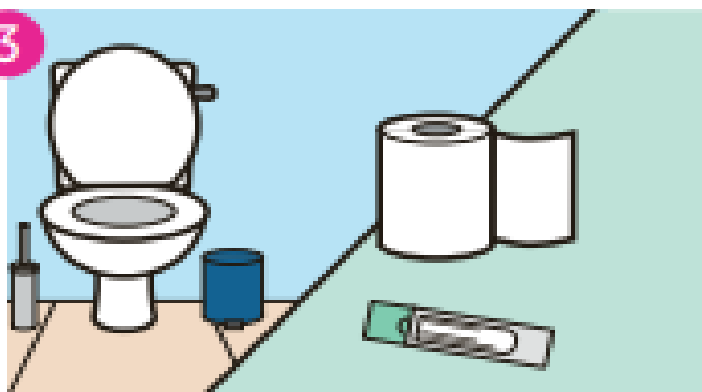
Get ready – collect what you need to catch your poo before you sit on the toilet.

2



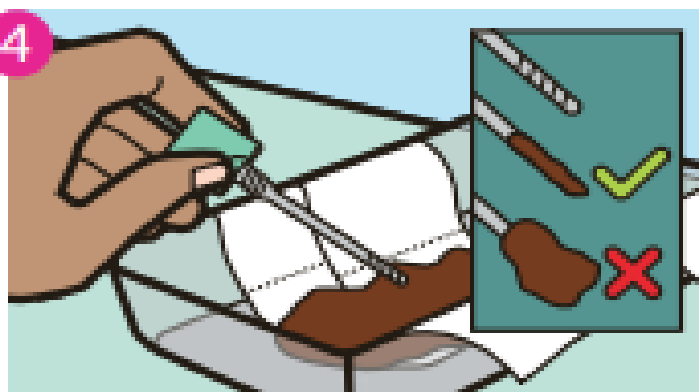
Write the date you do the test on the sample bottle.

3



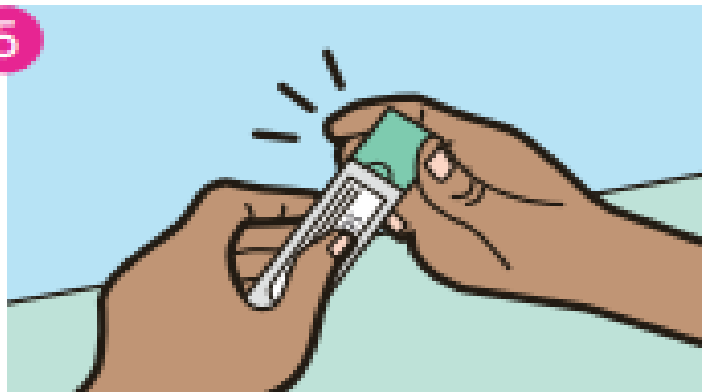
Collect your poo - we've given you some ideas for how to do this opposite. Do not let your poo touch the water or toilet.

4



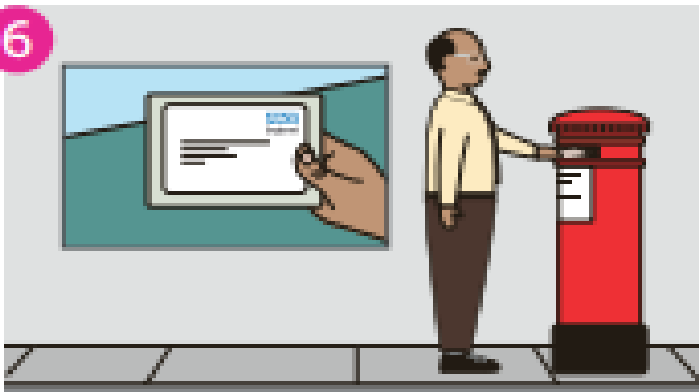
Twist the cap to open the sample bottle. Scrape the stick along the poo until all the grooves are covered. You only need a little poo to test. Please do not add extra.

5



Put the stick back in the bottle and click the cap to close it. Do not reopen the bottle after use. Please wash your hands.

6



Check you have written the date on your sample bottle, put the bottle in the prepaid envelope and post it back as soon as possible.

You will receive your result by letter, please read it carefully to find out what the next steps will be. If you get a result saying further tests are needed, it could be down to lots of different things and does not necessarily mean cancer. But if it is cancer, finding it at an early stage means it is easier to treat successfully.